



Renegade Runners

Monthly Club Meeting
Saturday, September 3, 2011

114-64 Merrick Blvd.
Jamaica, New York 11434
www.renegaderunners.com

Club Officers

President	Monroe Morton
Vice President:	Dino Riojas
VP, Membership:	Maria Romano
Secretary:	Dana Rosales
Treasurer:	Len Richards
Club Coach:	Dino Riojas
Social Chair:	Howard Hylton
Vice Social Chair:	Arthur Vendryes
Webmaster:	Dino Riojas
Newsletter Editor:	Silver Chaudry

Renegade Monthly News

August Birthdays – Happy Birthday to Ricardo Richards, Cinthya Sandoval, Christabelle Jeanty, Imani Wiltshire, Marc (Diamond) Smith, Anthony Riojas and Len Richards!

Tip of the Month – Mix It Up. Vary the places and surfaces where you run so that you spread the physical stresses around evenly – Kara Goucher

Committee Report

- **President**
 - Opening remarks
 - Renegade Annual Club Picnic recap
 - Welcome membership
- **Vice President**
 - Race Results
- **Club Secretary**
 - Upcoming Races
 - Club Communication
- **VP, Membership**
 - Upcoming races we'll do as a Club
 - Support and transportation for those running the ING NYC Marathon
- **Treasurer**
 - Financial Report
- **Vincent**
 - Training
- **Guest**
 - Upcoming 5K race

Recent Race Results

Race Name	Date	Dist	Name	Sex	BIB	OvPI	SexPI	AgePI	Time	Pace	
LIRRC Summer Series	07/27/11	3.1	Vincent Morton	M54	525	8		2	0:19:36.5	6:19	
			Letisha Jenkins	F27	502	49		2	0:24:01.2	7:45	
Queens Half Marathon	07/30/11	13.1	Francois Michel	M36	584	368	342	82	1:38:47	7:33	
			Dana Rosales	F33	2702	1420	311	79	1:55:03	8:47	
			Donovan Mulholland	M46	Volunt	2709				2:08:54	9:51
			Myrian Rangon	F43	3646	2763	874	70	2:09:34	9:54	
			Frank Stonitsch	M66	6764	3933	2393	18	2:26:39	11:12	
			Dino Riojas	M57	4689	4689	2673	94	2:56:34	13:29	
LIRRC Eunice Harris 5K	08/03/11	3.1	Vincent Morton	M54	101	8		1	0:19:45.1	6:22	
			Cinthya Sandoval	F27	64	18		1	0:20:57.6	6:45	
			Sal D'Amico	M35	50	53		6	0:26:14.3	8:28	
NYRR Team Championships	08/06/11	5.0	Reggie Lambert	M31	8109	672	672	127	0:40:14	8:03	
			Donovan Mulholland	M46	7219	764	764	92	0:43:48	8:46	
			Myrian Rangon	F43	4162	434	434	43	0:46:06	9:13	
			Frank Stonitsch	M66	10046	834	834	19	0:52:41	10:32	
			Dino Riojas	M57	8078	849	849	57	0:58:18	11:40	
			Maria Romano	F53	5162	599	599	40	1:06:19	13:16	
LIRRC Summer Series	08/10/11	3.1	Vincent Morton	M54		5		1	0:19:25	6:15	
			Cinthya Sandoval	F27		16		1	0:21:18	6:52	
			Sal D'Amico	M35		73		8	0:26:32	8:32	
Al Goldstein 5K Summer Series	08/17/11	3.1	Winthrop Jacobs	M55	329	38	36	2	0:20:05	6:29	
LIRRC Summer Series	08/17/11	3.1	Vincent Morton	M54		14		3	0:20:08	6:29	
			Cinthya Sandoval	F27		29		1	0:21:25	6:54	
			Letisha Jenkins	F27		47		3	0:23:36	7:36	
			Sal D'Amico	M35		73		6	0:25:55	8:21	
Hope Runs Here 5K Run	08/20/11	3.1	Sal D'Amico	M35	370	80		8	0:24:53.2	8:02	
Battle of Brooklyn 10 Miler	08/21/11	10.0	Arthur Vendryes	M43	282	31	27	3	1:09:16	6:56	
			Cinthya Sandoval	F27	498	60	11	5	1:14:07	7:25	
			Sal D'Amico	M35	902	526	291	68	1:50:10	11:01	

Upcoming Races for September and October

Date	Time	Race	Location
09/17/11, Sat,	9:00 a.m.	NYRR Fitness Mind, Body, Spirit Games 4M**	Central Park
09/24/11, Sat.	Various Starts	NYRR Fifth Avenue Mile*	Central Park
09/25/11, Sun,	7:00 a.m.	NYRR NYC Marathon Tune-Up 18 Mile**	Central Park
10/01/11, Sat,	8:15 a.m.	NYRR Grete's Great Gallop 13.1M	Central Park
10/02/11, Sun,	8:00 a.m.	Diva's Half Marathon 13.1M http://www.runlikeadiva.com/Half_Marathon_Events/Long_Island_NY/Register_Like_A_Diva_for_LI.htm	Eisenhower Park
10/09/11, Sun,	8:30 a.m.	NYRR Staten Island Half 13.1M	Staten Island
10/09/11, Sun,	9:00 a.m.	Inwood 5K http://www.inwood5k.com/	Inwood Park
10/09/11, Sun,	10:00 a.m.	Bed Stuy 10K http://www.restorationplaza.org/calendar/10k-community-run-amp-fun-walk-0	Bedford Suyvesant
10/09/11, Sun	8:00 a.m.	Wildlife Conservatory Society - Run for the Wild http://e.wcs.org/site/TR?fr_id=1080&pg=entry	Coney Island
10/30/11, Sun,	8:30 a.m.	NYRR Poland Spring Marathon Kickoff 5M	Central Park

* Registration near capacity

** Registration is CLOSED